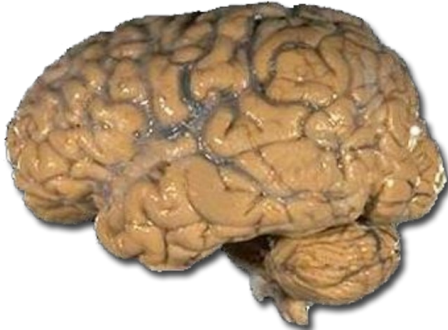


What CBD does to the brain

If anyone worries that [CBD](#) could harm their cognitive health, they aren't alone. Many people believe this, even though it's wrong. There's actually evidence that what CBD does to the brain is positive. Here's how.



This article discusses how CBD affects the brain. Photo: National Institutes of Health

Brain function depends on the neurons communicating smoothly. They send signals to each other, processing thoughts and memories and making decisions. Stress and other conditions can disrupt this, leading to cognitive impairment. CBD can help with this by interacting with particular brain receptors.

CBD improves anxiety and cognitive impairment

Researchers have taken a close interest in the effects of CBD on cognitive function. They looked especially at difficulties with decision-making, focus and memory. These might be the product of such conditions as anxiety, insomnia, PTSD or even common-or-garden stress. A recently conducted review of randomised clinical trials summarised how it would be possible to employ CBD to improve cognitive abilities. This review found that CBD drastically improved anxiety and cognitive impairment [in nine of 16 trials](#).

What CBD does to brain cells and their connectivity

CBD interacts with the brain in a number of ways. One key ability is its effects on certain brain receptors that regulate anxiety, memory and mood. Studies, [like this one](#), have shown that CBD might help by increasing levels of gamma aminobutyric acid (GABA). This is a neurotransmitter that calms the brain. In this way, CBD lessens anxiety, which has a positive impact on brain functions like focus and memory.

Looking at serotonin receptors

One of the most important effects of what CBD does to the brain is how it affects serotonin. CBD's [effect on serotonin receptors](#) might explain why it improves mood and reduces anxiety. This [review of studies](#) found that CBD improved connectivity in areas of the brain where cognitive functions occur. This perhaps contributed to better performance in memory and decision-making.

How age and health status change how CBD affects the brain

How CBD affects brain health varies depending on factors that include age, health condition and lifestyle. This [review of studies](#) found that older adults generally have a greater improvement in brain function after taking CBD than younger ones. Possibly, this is because older adults have more underlying issues, such as inflammation, or more advanced cognitive decline, which CBD's anti-inflammatory and neuroprotective qualities could address.

How CBD compares to traditional treatments

The medications and therapies traditionally used to treat cognitive impairments generally concentrate on managing symptoms rather than addressing the root cause. CBD, influencing brain activity and connectivity as it does, might offer an alternative approach that directly affects the brain's natural healing processes.

[This study](#) examined young people afflicted by anxiety who hadn't responded to standard treatment. CBD reduced their symptoms significantly, which bettered their brain function. CBD's ability to target multiple brain pathways makes it a unique proposition for supporting brain health instead of traditional treatments.